



COVID-19 Patient Instructions After Testing

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

For those with symptoms:

- Self-isolate in your home. If you live with others, self-isolate in a private room and use a private bathroom, if possible. Interact with others as little as possible.
- Wear a mask when you enter general living areas.
- Whoever else lives in your home should also stay at home.
- Make a list of close contacts from two days before you became sick until you self-isolated. Close contacts are those who have been within 6 feet of you for 10 minutes or more.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider immediately for further instructions.

For those who were tested without symptoms:

- If you had a **known exposure** to a confirmed case, quarantine until 14 days after your exposure. If you live with others, self-quarantine in a private room and use a private bathroom, if possible.
- Interact with others as little as possible.
- Continue to practice social distancing, wash hands frequently, and wear a face covering while in public or when unable to social distance.
- If you develop symptoms, notify your healthcare provider immediately for further instructions.

WHAT SHOULD I DO IF I TEST POSITIVE?

- Notify your close contacts and let them know they should self-quarantine at home for 14 days since their last contact with you. This includes your family members and anyone who lives with you.
- Self-isolate in your home until each of the following conditions are met:
 1. It has been at least ten days since your symptoms first appeared **AND**
 2. It has been at least three days since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
- Practice social distancing for seven days since you last had symptoms.
 1. While you do not have to remain in isolation, you may not return to work until seven days after your symptoms have resolved.
- Continue to self-monitor for symptoms for fourteen days since you last had symptoms.
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.

WHAT DO I DO IF MY TEST IS NEGATIVE?

- If your test is negative and you had a **known exposure** to a confirmed case, quarantine until 14 days after your exposure.
- If your test is negative and you had **no known exposure** to a confirmed case and you are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing.



- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until three days after you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving.

RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://de.gov/coronavirus).
- For information on the differences and requirements of Quarantine vs. Isolation, click [here for English](#), click [here for Español](#), and click [here for Haitian-Creole](#).
- Help is available. Contact [Delaware 211](#) by calling 2-1-1 or text your zip code to 898-211.